1:Heckewelder M-5 (ca. 1800)1819
NM7 Delaware NM7



converted for thirty years and had always led a regular life, and who had thirteen children. Others had from six to nine. In general, however, the Indians seldom have more than four or five children.

The Indian children, generally, continue two years at the breast, and there are instances of their sucking during four years. Mothers are very apt to indulge their last child, children in this respect enjoy the same privilege alike.

I have never heard of any nation or tribe of Indians who destroyed their children, when distorted or deformed, whether they were so born or came to be so afterwards. I have on the contrary seen very particular care taken of such children. Nor have I ever been acquainted with any Indians that made use of artificial means to compress or alter the natural shape of the heads of their children, as some travellers have, I believe, pretended.

The disorders to which the Indians are most commonly subjected are pulmonary consumptions, fluxes, fevers and severe rheumatisms, all proceeding probably from the kind of life they lead, the hardships they undergo, and the nature of the food that they take. Intermitting and bilious fevers set in among them regularly in the autumn, when their towns are situated near marshy grounds or ponds of stagnant water, and many die in consequence of them. I have observed that these fevers generally make their first appearance in the season of the wild plum, a fruit that the Indians are particularly fond of. Sometimes also after a famine or long suffering for want of food, when they generally make too free an use of green maize, squashes and other watery vegetables. They are also subject to a disease which they call the *yellow vomit*, which, at times, carries off many of them. They generally die of this disease on the second or third day after the first attack.

Their old men are very subject to rheumatisms in the back and knees; I have known them at the age of 50 or